



Health Services Advisory Committee (HSAC) Meeting

February 4, 2014

Puyallup Room – Puget Sound ESD, Renton

Guests

Corneisha Jackson, Policy Council
Danielle Dykas, Policy Council
Gini Gobeske, Tacoma/Pierce County Health Department
Gloria Smith, YMCA Puyallup/Tacoma Daycare
Hannah Modin, Community Health Care
Jamie Zorich, Tacoma/Pierce County Health Department
Kristin Kucklick, MultiCare Mary Bridge Children’s Hospital
Linda Gillis, Tacoma/Pierce County Health Department
Linda LaPlante, Renton School District
Peg Terp, Seattle/King County Public Health
Michelle Elworth, Policy Council
Sabrina Eubanks, Policy Council
Dr. Stuart Shorr, Renton Pediatric Associates
Tamara Bout, Sea Mar Dental Puyallup

Puget Sound ESD Early Learning Staff

Candace McKenzie	Cathy Marshall
Cheryl Polasek	Denetta Uzzell
Denyse Guthrie	Donna Andrews
Gene Gousie	Janice Heck
Katy Levenhagen	LaTanya Brooks
Laurel Tierney	Leticia Salcido
Lois McGehee	Marie Savage-Hopfauf
Sharon Judie	Victoria Trang

Welcome/Introductions

Laurel Tierney, Senior Coordinator – Nutrition

Meeting attendees introduced themselves

Review Update - ECEAP

Cheryl Polasek, Health/Nutrition Director

Cheryl shared information about the Department of Early Learning’s review of the ECEAP program.

- ECEAP is currently in the middle of their review
- In October ECEAP sent documentation on policies and procedures to DEL
- In December ECEAP participated in a presentation via webinar regarding their early learning program
- In January reviewers began visiting sites to review files
- Reviewers are currently in their third week of site visits
- Reviewers are noticing a trend of sites needing additional training, but overall the review is going very well

Review Update – Head Start

Sharon Judie, Health/Nutrition Director

Sharon shared updates on Head Start’s federal review that happened in November.

- Team of 14 reviewers from the federal government arrived in November
- They reviewed ChildPlus data on health, mental health and immunizations
- 85 files were randomly chosen and pulled from our sites across the Puget Sound region, then brought to the ESD for the reviewers to look over
- Reviewers noted a concern regarding consistent data, but overall the program has very solid data
- Head Start is waiting for the official findings or corrective action plans, which should be announced early spring

Program Updates

Gene Gousie, Operations Director

Gene shared several program updates:

- Self-assessment of early learning will take place towards the middle of April
- Health questions are now on the application, so we are collecting health information sooner
- Last program year the collection of Child Health Plans was at 15%, this year it's significantly higher, thanks to the work of the nurse consultants
- Early learning has a Help Line that staff can call with health related questions – 425-917-7745 in King County or 253-778-7745 in Pierce County, or they can email elhealth@psed.org

Cheryl Polasek, Health/Nutrition Director

USDA/CACFP Information & Menu Review

Suzanne Kohaya, Food Service Manager

Cheryl and Suzanne shared information about the Early Learning menu process:

- For on-site kitchens, ESD Head Start cooks develop menus based on USDA requirements and the input of children, staff and parents
 - Head Start on-site kitchens include Kent, Federal Way, Educare and the Early Head Start kitchen at the Washington Correctional Center for Women in Purdy
- For USDA School Breakfast/Lunch Program, menus are developed by school districts
 - School districts include Auburn, Bellevue, Franklin Pierce, Peninsula, Shoreline, Tahoma, Tukwila
- For full day centers and family child care homes, the programs develop their own menus and prepare meals and snacks for children from a center or home kitchen under direction from USDA/CACFP (Child and Adult Care Food Program)
- All menus must meet USDA requirements for quantities and meal patterns, and must be reviewed by a registered dietician
- Menus must be high in nutrients while low in sugar, salt and fat, while meeting 1/3 to 2/3 of a child's daily nutritional needs

Members broke into several groups to review menus from four different programs, sharing back what they noticed about the various menus.

- Educare Early Learning Center
 - Overall good in variety, but very “American” and not culturally diverse due to USDA credibility issues (tofu, pho noodles, etc.)
 - Suggested adding protein to breakfast I to prevent sugar spikes
- Encompass
 - Good variety, protein at breakfast
 - Shrimp and pork appear on the menu a lot
 - Meals tend to be high in sodium and fat (ham, hot dots)
 - Good variety of fruit & vegetables, maybe add at snack
- Bates Downtown Campus
 - Great variety of food, lots of vegetables and fruit
 - Colorful items served
 - Culturally diverse food (borsht)
- Tacoma School District
 - Good fruits & vegetables
 - Menu has improved from past years

- Lots of crackers, processed foods (especially at breakfast)
- Not a lot of cultural diversity – use USDA approved fruits to add diversity, such as jicama, lychee, persimmons, etc.

Community Updates

All

- Dr. Shorr shared that influenza is active in our area, still not too late to get a flu vaccine. If you're within the first 48 hours of symptoms, a prescription of Tamiflu can help decrease symptoms. The injected vaccine contains a killed virus, the inhaled version contains a weakened live virus. The inhaled version provides longer protection, but can have cold-like symptoms. The injected vaccine provides protection for a shorter duration (just the flu season).
- Kristin shared that 5210 received a grant to expand into several school districts, including Bethel, Puyallup and Tacoma.
- Tamara shared Latino Legislative Day is on Monday, and Dia de los Niños is in April at Puyallup Public Library
- Donna shared Community Health Care and Early Learning are developing a partnership in regards to oral health care, which will provide on-site oral health screenings in Tacoma
- Linda shared information regarding Dental Health Day at South Hill Mall on February 22nd. ABCD training is on February 21st at Hilltop Family Dental Clinic, which provides free exams for children.
- Libby shared that Parent Professional Development is in full swing with 55+ parents participating in Peer Health, Peer Literacy or as a Peer Mentor.
- Sharon shared that Hilltop Healthy Families Festival is on February 21st at People's Community Center in the Hilltop neighborhood (1602 MLK Jr Way in Tacoma) from 4:00 – 7:00. They will be offering free blood pressure screenings and free dental screenings.

Thank you to all for your time and input on this committee.

The next HSAC meeting is Tuesday, May 13th from 11:30 – 1:30 at Puget Sound ESD, Renton